[Maha Kumbh Mela 2025: Dates, Rituals, and Travel Guide](https://timesofindia.indiatimes.com/india/maha-kumbh-mela-2025)

Meaning

Flour – aata

Knead - massage or squeeze with the hands during dough

Dough – gundna

Pour - falling from one container to another

Ingredients

ghar ka saman - household items

pilgrims तीर्थयात्री

renewal नवीनीकरण

liberation मुक्ति

delight आनंद

speech-

**Plan Your Speech with a Simple Structure**

A good speech has three main parts. You just need to remember these sections:

1. **Hook (Introduction)** – Grab attention in the first 10 seconds.
2. **Body (Main Content)** – Explain 2-3 key points with examples. **Story + Message’ Technique**
3. **Conclusion** – End with a strong message or call to action.
4. **Practice Smartly (Not by Memorizing!)**

❌ Don’t memorize—✅ Instead, practice like this:

✅ **Practice in Front of a Mirror** – Helps with expressions and confidence.  
✅ **Record Yourself** – Listen and improve your voice tone.  
✅ **Explain to a Friend** – If you can explain your speech in simple words, you’ll remember it better.  
✅ **Give a 1-Minute Version** – Summarize your speech in 1 minute to focus on key points.

EXPRESSION HAPPINESS: "Feels great. It feels we are very close

to our culture here ... Everything here feels like we belong. Like our worship, our religious place,

everything that we see, it feels very good,"